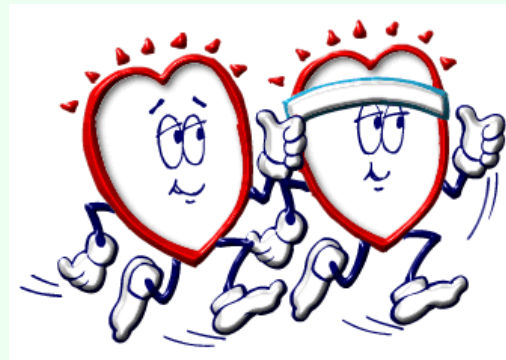
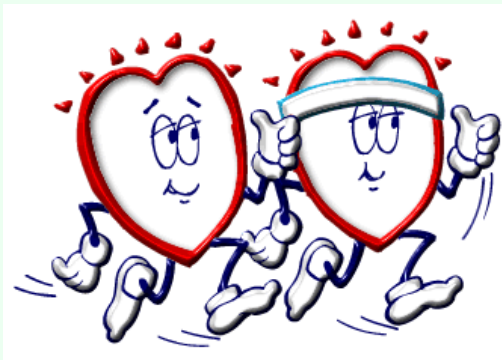


***Get UP!***  
***Get ACTIVE!***  
***Get FIT!***



Southeast Regional Health Care Quality Unit

123 S. Broad St., 22<sup>nd</sup> Floor

Philadelphia, PA 19109

(215) 546-0300

Extension 3685

A Core Program of

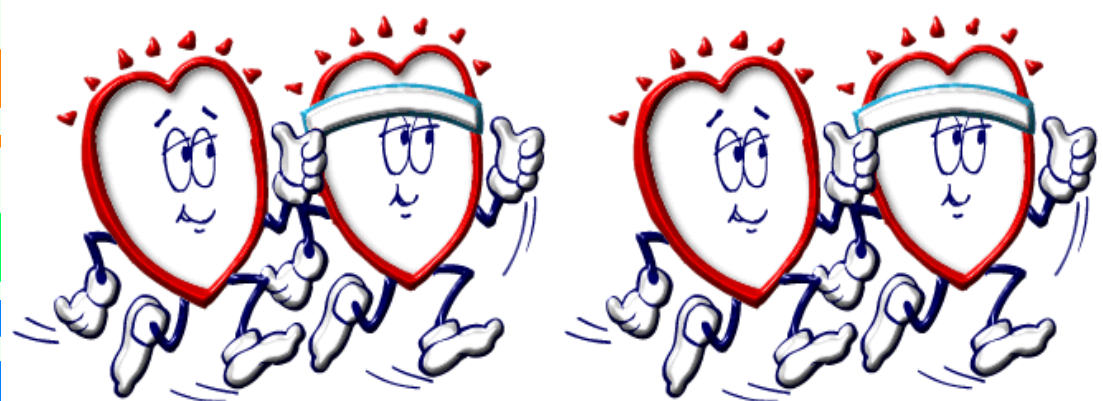


Funding provided by Philadelphia Department of Behavioral Health/Intellectual disability Services, the Bucks, Chester, Delaware and Montgomery County Offices of Intellectual/Developmental Disabilities and the Office of Developmental Programs, Pennsylvania Department of Public Welfare.

[www.pchc.org](http://www.pchc.org)

Information and education provided by PCHC is intended as general information only and is not all Inclusive or intended to replace medical advice. If you believe that you, or someone you support, has medical issues, please seek the advice of medical professionals.

**Exercise is For**  
**EVERYBODY!**



**TOGETHER,**  
**We Can Make A Difference!**



# \*Drink Water\*

Drink Me Please!

17-20 Fl. Oz ,  
2-3 Hours  
**BEFORE**  
Physical Activity



7-10 Fl. Oz,  
Every 15-20  
Minutes **DURING**  
Physical Activity

Water is Important **BEFORE** and **AFTER**  
Physical Activity

# \*Eat Healthy\*



Eat a Light Snack  
45 Minutes to 1-Hour  
**BEFORE** Working Out



Eat Snacks that Contain  
Protein or  
Carbohydrates...They Will Help  
You Stay Energized!

Healthy Diets  
Benefit the  
**HEART**



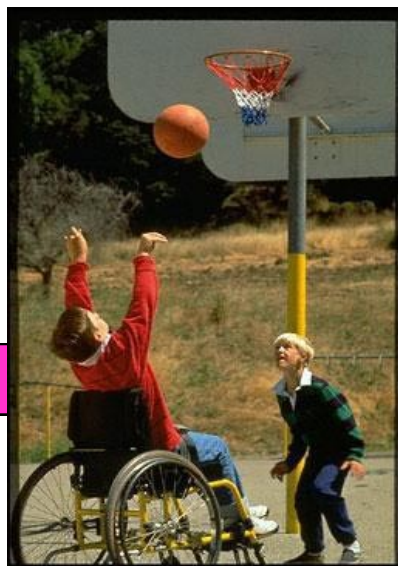
# \*EXERCISE\*

3-5 times a week  
+  
30+ minutes

Good Fitness



Exercise Benefits the MIND, BODY, AND SOUL



Warm-up/Cool  
Down and  
Stretch **Before**  
& **After**  
Exercising

# \*What to Wear?\*



T-SHIRT



SHORTS



SHOES

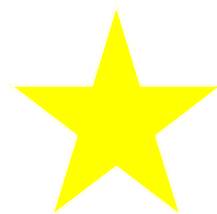
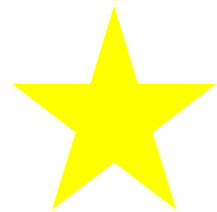


# \*Sleep\*

Sleep is important. It helps the body relax and recover from physical activity.



8 Hours  
Per Night



Helps the body and mind become energized for activities

# \*Hygiene\*

Shower after  
Physical Activity



Use  
Deodorant!!

Wash Your  
Hands  
For At Least  
20 Seconds.



Wash your  
Hands!